

East Hampton Senior Center

105 Main Street-East Hampton, CT 06424

Phone: 860-267-4426 Fax: 860-267-7682

Hours of Operation: Monday-Thursday: 8:30am-4:00pm

Friday: 9:00am-4:00pm

Website: www.easthamptonct.gov

Email: seniorcenter@easthamptonct.gov



Volume 5 Issue 2

Newsletter Date:
March/April
2016

Senior Club Meeting

**First Monday
of the month @
12:45pm:**

**March 7 G.I.F.T.
Presentation,**

**Learn about our long-
standing
Intergenerational
programs now with a
new twist!**

**Come join the Club,
learn about up-coming
events and help
determine new ones,
too. Come, have fun,
meet up with new and
old friends! Stay the
entire meeting and
perhaps win a trip or
admission to an up-
coming event!**

**See you at
12:45pm!**
FOR REAL, THIS TIME....

Tax Assistance

March 3 & 17th & 31st. Sign up
early, these are the only dates
left this tax
season!



Get Fit in 2016!

The YMCA is offering two
programs this month at the
Senior Center:

**Mondays @ 1:45pm Gentle
Yoga***

**Wednesdays @9:00am
Strengthening & Toning* with
arm weights and bands**

Each program meets for 5
weeks, costs \$25.00 per
program per session.*

*Free for YMCA members and/or if
you are a Silver Sneakers member.

**March 17th
St. Patrick's Day!**
Join us with Cobalt Lodge to
celebrate the Day!

Round Robin
Setback Tournament
Cash Prizes

Sign up at the front desk, to
reserve your seat for setback
Meet us in the Blue Room@
12:30pm



Everyone's Irish
On March 17th.



TRY THE 'Y'

This coupon entitles you to
a FREE 2 week trial
membership
at the Middlesex YMCA.
Take a class, use the fitness
center, or go for a swim!

Middlesex YMCA
99 Union Street Middletown, CT
06457
East Hampton Senior Center
Members
Photo ID required

**Closed for
observance of
Good Friday,
March 25th**



**DAYLIGHT SAVINGS
SUNDAY MARCH
13TH, SPRING AHEAD AN
HOUR.**



ROOM USAGE: PLEASE HELP US help you! If you move a chair return it to where you found it...If you grab a pillow, return it when you leave...If you spill, or make a mess, please clean it up. If it is more than you can handle, please let staff know, and we will assist in the clean-up. Please understand that others may use the room after you leave and you should leave the room in the same condition or better than when you came into the room. Thank you for your attention to this matter. *Jo Ann*

WHY SHOULD I PRE-REGISTER?

Often, in the newsletter, you will be asked to register/sign-up at the Reception Desk. It is important that you do so for several reasons:

1. We sometimes cancel a program/trip due to low registration. If you are interested and do not sign up, you might miss out on the program/trip that you are interested in.
 2. If a program/trip is cancelled and you are not registered we will not notify you and you may come to attend a program that was cancelled.
 3. Instructors often ask for a number of registrations in order to prepare handouts.
 4. Room assignments are made according to the size of the group. If we do not know you are coming we might not select the room to accommodate everyone.
- Please help us to help you and register/sign-up at the Reception Desk for programs/ trips you are interested in. *Thank-you!*

Blood Pressure Screenings

Monday March 7th & 21st .
April 4 th & 18th 10:45-12:00.
No appointment necessary.
Sponsored by the Middlesex Hospital and Homecare Agency.

Open Art Studio:

Wednesday

10:00am to 12:30pm

If you are
interested in joining this group
contact Dawn
Tyler at the Center
on Wednesday



Build a Bear for people in Need!

**Sojourn Bears on
Wednesday mornings
10am**

Sojourn Bears are for adult patients getting their first chemo treatment. We make smaller bears for children and others, too! Join the fun!

Exercise with Cindy

**Sit & Stretch Class is
offered Tuesday & Thursday
10am to 11am
\$3.00 per class or \$20.00 per month.**

BINGO!!!

Bingo

Tuesdays at 12:45pm.



We offer a

wide
variety of
games.

Cash prizes and food
prizes available!
Play up to 5 cards!

Setback

12:30-3:00pm.

Thursdays



Genealogy: (We're closed March 25th so the next class will be Friday, April 29, 2016@ 10:00am Meet with Brian, see if he may help you with your family tree journey.



The Belltones handchimes and choral group rehearse and perform on Wednesday afternoons, 12:30 -2:30.

They are seeking new members with the love of music in their hearts. They also are looking for a piano accompanist for the choral group. Please see a staff member if you



Bridge is offered Friday afternoons, at 12:30pm. New members are welcome. Come in, meet the group and learn the scheduling process, watch a game or two. See the staff for more information .



**Wednesday, March 23,
2016 1:15pm &
Monday, April 18 @ 1pm.**

BIBLE STUDY

1PM

TUESDAYS
New members
Welcome!



Dial-A-Ride: transportation is provided to the Town by Middletown Area Transit. If you no longer drive but want to "get places" pick up an application at the Senior Center.

There is a \$2.00 charge for a one way trip (\$4.00 per round trip).

For more information call the Senior Center or Dial-A-Ride @ MAT 860-347-3313.

Adopt-A-Senior Rider program is available to income eligible residents. This program is sponsored by the East Hampton Village Lions Club. They provide bus tickets at no cost to those eligible. See Jo Ann at the Center for more info.



Generations Investing Friendships Together

March 7th 12:45 join the Senior club meeting and learn about G.I.F.T.

Tentative G.I.F.T. Schedule:

Monday, March 28th & April 11th 2:15 to 3:15 Board Games @ the Middle School

Wednesday, April 27th 3rd, 4th & 5th Graders to play Board Games and Wii
Bowling Competition 3:45 to 4:45

Friday, June 3rd, the Clifford Reading Program Memorial School 9:00am. Please register at the senior center so we know you are coming.

Men Can and Do...Talk

Group meeting On Wednesdays at 10am

Women In Conversation

Group meeting on Wednesdays at 11am. Laugh, Learn and Grow...

This program is offered in collaboration with East Hampton's Youth and Family Service Department.



BOOK CLUB

Tuesday, March 8, 2016 @11AM.

& Tuesday, April 12 @ 11:AM



REFLEXOLOGY: March 4th & 18th, April 1st and April 15. \$10.00 per 15 minute session Pay day of session. Please call certified reflexologist Susette Christensen to make your appt. @ 860-334-9255.

CT Energy Assistance

Appointments are being taken now for the 2015-2016 Heating Assistance Program at the Senior Center
2015/16 GUIDELINES FOR HOUSEHOLDS MUST HAVE A MEMBER WHO IS EITHER 60+ OR DISABLED.

Proof of Income:

Social Security: Monthly Statement for 2015 , Pension Statements, Wages for last 4 weeks

Rent Receipt/Proof of Mortgage if still paying on house

Most Recent Checking/Savings Account Statements **(ALL PAGES)**

CD's; IRA's, statements

Oil/Electric Bill. Call the Senior Center for an appointment.

COACH TRIPS

Tuesday, May 24th , **Will & Anthony Aqua Turf** , cost \$91 deposit due: 3/25/16,
final payment due 4/29/16.

Wednesday, July 13th, **All you Can Eat Lobster**, Delaney House, cost \$94 deposit
due 4/15/16, final payment due: 5/20/16.

Wednesday, August 17th, **Ct Lighthouse Cruise**, cost \$91 deposit due: 5/6/16, final payment due 6/17/16.

Sept 6-8th, **Martha's Vineyard** \$511.00, deposit \$200 due 5/24/16, final payment due 7/12/16.

Ireland 10/19– 11/5, Sign up no later than May 4th with Friendship Tours. \$1979.

Thursday, November 10th , **Plimouth Plantation**, cost \$91.00, deposit due 7/20/16, final payment due 9/21/16.



MARCH 2016

SPECIAL EVENTS

Muffins For the Mind

March 21, 2016

10:30am

Get ready to exercise your brain matter and challenge those around you.



Commission On Aging Meeting

March 10, 2016 3:00pm
East Hampton Senior Center. Open to the public. Transportation is available upon request.



Happy Souper Birthday!

March babies, let us know it's your birthday! Come celebrate!

Monday, March 28th at 12:00pm.

We are shaking things up again! The luncheon will be a Souper Party! Birthday Recipients do not need to pay. Other partygoers, and guests are asked to bring soup, bread or crackers!

If you celebrated your birthday in March we'll send you an invite to our Birthday Party. You will be our guest to a souper lunch and enjoy cake and ice cream. Have a friend you want to celebrate your birthday with? Sign-up at the desk at least 24 hours in advance.

TRIPS



Cromwell Shopping,

Friday, March 4th,
12:30pm Your choice of stores on Rte 372.

'Let's Do Lunch',

The New England Emporium

Middletown

Tuesday, March 15.

Leave @ 11:15am



Culinary School Luncheon,

March 10th 10:15 Windham Tech

\$12.00 +

transportation donation



Friday, March 11, 2016 10am

Visit St John's Episcopal Church in West Hartford and tour their Pipe Organ with the Friday Homeschool group. Lunch to follow at Cheesecake Factory.



INTERGENERATIONAL

The Gift of Living History: every

Friday at 10:30am. Children who are homeschooled will explore with senior Citizens what Living History is. This is a way to interact with school age children to learn about Living Histories, together. If you are interested, sign-up at the Senior Center desk.



*We March
cause
Spring is "almost" in the air!*

MARCH MADNESS :Wednesday Selection Brackets will be available on Wednesday March 16th all day.



ELDERLY AND TOTALLY DISABLED TAX RELIEF

February 1, 2016

It is time to apply for the Elderly and Totally Disabled tax relief under the "HOMEOWNERS" program. The Elderly portion of this program is only for taxpayers 65 and older or totally disabled.

The filing period is February 1, 2016 to May 15, 2016 and the forms are available in the Assessor's office.

You must bring with you statements of ALL INCOME, including Social Security received in 2015. If you file Federal Income Tax, you must bring a copy of your completed 2015 tax return with you. The income limits to remain on the program are \$35,200 for single and \$42,900 for married.

If you are physically unable to appear in person, please call the Assessor's office at (860) 267-2510 and we will make arrangements to come to you.

If you have any questions, please do not hesitate to call.

Sincerely,

Terence Dinnean CCMAI, Assessor

Linda B Connors Assistant to the Assessor

April 2016

SPECIAL EVENTS

April Birthdays will be celebrated with a meal offered by CW Resources. Let us know it is your birthday month. We will invite you to lunch to celebrate your special day. Guests are always welcome, just sign up at least 24-hours in advance. A \$2.00 donation is requested.

Plan to stay the afternoon. Brian Lupi and friend will take us Through the Ages with their musical entertainment. Don't miss this magical afternoon celebration. We end the afternoon with cake and ice cream!.



EAST HAMPTON SENIOR CENTER VOLUNTEERS!

You are invited to an afternoon of fun and camaraderie. It is the time to thank you for all you do on Wednesday, April 13th at 1:00pm. We will have light refreshments, and the Troubadores will entertain you, on this fine afternoon. We hope you can join us, just call or sign-up at the desk.



TRIPS

Cromwell Shopping:

Friday, April 1st, 12:30 to 4:00pm

Walmart, K-Mart, Let the driver know where you would like to shop on Rte. 372.



Norwich

Technical School

Culinary Luncheon

Thursday, April 7th.

Leaving the Sr. Ctr at 9:45am. The Chef wants us to be seated by 10:45!

Mystery Trip and Lunch

Wednesday, April 20th

Join Me For Lunch



**MINDS PROVIDED
BY ...YOU!**

**Monday, April 11th @
10:30am.**

INTERGENERATIONAL



G.I.F.T. games at the Senior Center

Wednesday, April 27th ,3:45– 4:45pm.

Join us with students from third, fourth and fifth grades (Memorial School and Center School) to play Wii Bowling and good old fashioned Board Games!

April 1st 10:30 am

Marlborough Healthcare presents:

Medicare: What Medicare coverage is all about....Learn what it does and doesn't cover.

Taryn Richardello, the Medicare Nurse from Marlborough Healthcare will present on this sometimes confusing topic.

Light refreshments will be available.

Commission On Aging Meeting

April 14, 2016, 3:00pm East Hampton Senior Center.

Open to the public.
Transportation is available upon request.

The Interact Club is
here!



Spring Fling! Watch for
the Date!